



*Happy Holidays
to you and yours!*

The Log

December 2024

Fitness Group Classes
Mon-Fri 7:00 AM - 5:00 PM
Sat 10:00 AM - 2:00 PM

MONDAY

- 10:00 Posture, Balance & Gait (beginner)
- 10:30 Arthritis Aquatics (P)
- 11:00 Rock Steady Boxing, G3
- 12:30 Water Volleyball (P)
- 1:00 Rock Steady Boxing, G4a
- 2:00 Pickleball
- 3:30 Taiji for Wellness

TUESDAY

- 9:00 Fit 4 Life
- 11:00 Posture, Balance & Gait (advanced)
- 11:00 Aqua Fit (P)
- 12:00 Chair Yoga for Wellbeing
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1
- 2:00 Pickleball

WEDNESDAY

- 10:30 Arthritis Aquatics (P)
- 11:00 Rock Steady Boxing, G3
- 12:30 Water Volleyball (P)
- 1:00 Rock Steady Boxing, G4a
- 2:00 Pickleball
- 3:00 Ai Chi (P)

THURSDAY

- 9:00 Fit 4 Life
- 11:00 Posture, Balance & Gait (advanced) (no class 12/26)
- 11:00 Aqua Fit (P)
- 1:00 Rock Steady Boxing, G2
- 2:00 Rock Steady Boxing, G1
- 2:00 Pickleball
- 3:30 Timeless Tappers

FRIDAY

- 10:00 Posture, Balance & Gait (beginner) (no class 12/27)
- 10:30 Arthritis Aquatics (P)
- 11:00 Chair Yoga for Wellbeing
- 12:00 Mat Yoga
- 2:00 Pickleball

Continued on next page.

----- Marketing Office Holiday Hours -----

12/24, 12/25 and 1/1 - Closed

----- Huckleberry Cafe Holiday Hours -----

Wednesday, December 11: Café closed for Montgomery County Holiday luncheon/food pickup.

Tuesday, December 24 & Wednesday, December 25: Closed

----- Fitness Center Holiday Hours -----

12/24: Holiday Hours 7AM-12PM

12/25: Closed

12/26: Holiday Hours 9AM-5PM (opening late); NO Posture, Balance & Gait

12/27: Holiday Hours 9AM-5PM (opening late); NO Arthritis Aquatics , NO Posture, Balance & Gait

12/28: Regular Hours

12/31: Holiday Hours 9AM-5PM

1/1: Closed

----- Karr Activity Center Holiday Hours -----

The Karr Activity Center will be closed for programming and activities from Friday afternoon, Dec. 6th to Friday, December 13th for the annual Philanthropy Silver Santa program.

Micah's Pantry will also be closed this week and will not receive meals or produce. The Feeding America Mobil Market will still set up outside of Karr Center on Dec. 10th.

The Housing and Transportation offices will be open, but communication through email and phone calls are encouraged. Thank you for your understanding.

2 December

Tall Oaks Hall

Monday, 6:30 - 8:00 PM

Wilderness Road Chorus & Blue Ridge Vocal Connection Holiday Concert

The Wilderness Road Chorus and Blue Ridge Vocal Connection will perform their holiday concert for the residents and friends of Warm Hearth Village. There will be a brief intermission between groups with lots of holiday cheer and songs you know and love. Come out to support your fellow neighbors and performers in the community with this village wide-celebration.

SATURDAY

Open Swim (P) / Open Gym

10:00 Pickleball

10:30-11:15 Aqua Yoga - first and third Saturday of the month

Family Swim (P) - last Saturday of the month 12:00-1:45 PM. Bring your own towels.

Non-residents may purchase a monthly pickleball pass for \$40. See Kenny Harrah.

*** Please limit towel usage to no more than two towels per person.**

* For up-to-date schedule changes and weather related closings for the FITNESS CENTER please call 540-443-3474.

Groups & Clubs - Quick Guide

Bocce Ball

Tuesdays

6:00 PM

Village Center

Contact: Roland Byrd

Book Club

Second Monday of each month

1:00 PM

Zoom

Contact: Nancy Thomas

804-514-0057

nantom200@gmail.com

Bridge

Wednesdays

1:00 - 4:00 PM

Karr Activity Center

Contact: Linda Powers

540-641-1409

Campus Bingo

2nd & 4th Saturdays of the month

1:00 - 2:30 PM

Karr Activity Center

Contact: Cindy Rethwill

540-819-3580

Croquet

Wednesdays

4:00 PM

Village Center

Contact: Roland Byrd

Green Committee

Third Tuesday of each month

10:30 - 11:30 AM

Carson Library

see below

December

See below

Huckleberry Cafe

Village Center

Fabulous Fridays & Magic Mondays

----- Fabulous Friday Breakfast -----

8 to 11 am • Huckleberry Café • \$7.95

Fabulous Friday is now open an hour later until 11am!

Features a full breakfast with special, sides of eggs, chef's choice protein, and fresh fruit, and includes hot coffee or tea. Add orange juice for a \$1.00 or specialty coffee drink for \$1.50. Mimosas, Bloody Marys, and Irish Coffee also available.

Friday, December 6: Build-Your-Own Grits Breakfast Bowl

Friday, December 13: Pancakes Made to Order

Friday, December 20: French Toast

Friday, December 27: Omelets Made to Order

Open to public and residents, no reservation needed, but call ahead for pickup or delivery, 540-443-3801.

----- Magic Monday Dinners -----

3 to 5 pm • Huckleberry Café

Join us on Mondays for dinner, drinks, and entertainment. We will have a featured special, small dinner menu, and cash bar.

Monday, December 30: End of the year celebration with DJ, champagne toast, and dance floor!

\$7.95 Dinner Special: Chicken Piccata, Black Eyed Peas & Cornbread

Open to public and residents, no reservation needed, but call ahead for pickup or delivery, 540-443-3801.

----- December Café Special Events -----

Holiday Cookie, Candy & Dog Biscuit Orders • December 20th

The café will be creating your holiday favorites once again this year! Stop by to place your order for cookies, fudge, and bark. Cookies are sold by the dozen and candy by the pound. New this year—we can also whip up some fresh baked treats for your pup!

Pickup orders any time during café hours on Friday, December 20th from 8am – 2pm.

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December

Karr Activity Center

Tuesday, 3:00 PM

Robbie Vance Afternoon of Music

Enjoy music from all eras. Feel free to bring a friend and throw out some requests. A wonderful time to be had by all.

Continued to next page.

Groups & Clubs - continued

Guided Meditation

Guided Meditation on Zoom
Mondays
3:30 - 4:30 PM
Contact: Zed Hrubec
zhrubec@outlook.com
540-250-2154

Headline News Discussion Group

Thursdays
9:30 - 10:30 AM
Zoom Meeting ID: 871-991-4463

Men's Coffee Club

First Friday of each month
9:30 - 10:30 AM
Woodland Studio
Contact: Mardy Baker
mbaker@warmhearth.org
443-3434

Parkinson's Support Group

First Thursday of each month
2:30-3:30 PM
Tall Oaks Hall
Contact: Kenny Harrah
kharrah@warmhearth.org

Purls of Wisdom (Knit/Crochet)

Fridays
10:00 AM
Carson Library
Contact: Mardy Baker
mbaker@warmhearth.org

Reduce, Reuse, and Recycle (RRR) Subcommittee

Second Thursday each month
10:00 - 11:00 AM
Living Room / Huckleberry Cafe

Tap Club - Timeless Tappers

Thursdays
3:30 - 4:15 PM
Village Center
Contact: Bix
mktgc@warmhearth.org
443-3800

Trivia, Coffee, and Donuts

Tuesdays
10:15 - 11:00 AM
Karr Activity Center
Contact: Mardy Baker
mbaker@warmhearth.org
443-3434

Village Quilters

First Thursday of each month
2:00 PM
Woodland Studio
Contact: Bonnie Lawton
bonlawton@me.com

Continued to next page.

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December

Karr Activity Center

Wednesday, 4:00 PM

Ash's Holiday Sing-Along

Ash will bring out her musical colleague for a joyous, folksy afternoon of music. Her soulful songs will harken back to a time long ago.

6

December

Woodland Studio

Friday, 9:30 - 10:30 AM

Village Center

Men's Breakfast Club

This men's focused event will introduce you to neighbors from across the village over coffee and pastries. Guests are welcome at no charge. We want to grow, so feel free to share with other men who may need a place to connect.

6

December

Karr Activity Center

Friday, 1:00 PM

Birthday Tea & Cake Social

Welcome all with birthdays (or not) at the monthly Birthday Tea & Cake Social. Starting at 1pm, attendees will be treated to a selection of gourmet cake and hot teas using real china cups. We will conclude with a boisterous round of Happy Birthday.

All are invited, and guests are welcome at \$5 each. No reservations necessary; hats of any sort are encouraged.

8

December

Tall Oaks Hall

Sunday, 2:00 PM

Village Center

Blacksburg Community Strings

Join us for this special Holiday concert! This is a holiday favorite you won't want to miss. All are welcome!

10

December

Karr Activity Center

Tuesday, 1:00-3:00 PM

Outside

Outdoor Market

Warm Hearth and Feeding America have teamed up to provide fresh produce and shelf-stable grocery items directly to residents and employees at a reduced cost. We accept debit, credit or SNAP/EBT as payment. Stop by on your break or lunch!

For more information contact Karen Nelson at 443-3412.



Groups & Clubs - continued

Warm Hearth Writer's Group

Second Friday of each month
11:00 AM - 1:00 PM
Woodland Studio
Contact: Kenny Harrah
kharrah@warmhearth.org

Huckleberry Cafe - 443-3801

Pickup & delivery available.

Cafe Hours:

Mon - Fri, 8:00 AM - 2:00 PM

Fireside Cafe - 443-3429

Open every day
11:00 AM - 6:00 PM
Available for curbside takeout to residents and employees.

Karr Activity Center

Open from Monday at 8:00 AM to Friday at 5:00 PM each week.

New River House

Carson Library

Open 7 days a week, all day.

Tea Tree Salon Hours

Wednesdays 1:30 - 5:00 PM
Fridays 10:00 AM - 3:00 PM
For appointments call 443-3817.

Micah's Pantry

Tuesdays, Thursdays & Fridays
11:00 AM - 1:00 PM

Fitness Massage Services

To schedule a massage,
call 540-520-0140 or email
loraleighgiessler@gmail.com.



11,18 December

Carson Library

Wednesdays, 9:00 AM- 4:00 PM

Beltone Audiology Clinic Day

All Types and Styles of Hearing Aids Available

- Hearing Screening – No Charge
- Hearing Aid Batteries – All Sizes
- 10-point Hearing Aid Cleaning and Checkup, All Makes and Models – No Charge

Appointment only. Please call our office to set an appointment today: Beltone Audiology & Hearing Aid Center 800-553-5993 or 540-343-5567.

16 December

Karr Activity Center

Monday, 1:00 PM

Cards with Melissa

Warm Hearth welcomes our special card craft teacher, Melissa Matusевич to teach a monthly greeting card class. You will go home with a professional collection of handmade cards after step-by-step personal instruction. No experience or artistic talent necessary. All materials provided. Please call if you need to cancel.

**NOTE SIGN
UP CHANGE**

Participation limit: 12 (Minimum 4)

Sign up: Contact Melissa at 540-553-5653 or melissa@vt.edu.

Registration deadline: December 9th at 1:00 PM

17 December

Tall Oaks Hall

Tuesday, 11:00 AM

Native Animals of Claytor Lake

Ever wondered what critters are crawling around in Claytor Lake State Park? Please join Park Naturalist, Hannah Wetzel, with some pelts and bones and learn all about Claytor Lake's native animals! No reservation needed. All are welcome.

18 December

Off-Campus

Wednesday, 10:30 AM

The Inn at VT Holiday Trip

Life Enrichment is hosting a trip to the Inn at Virginia Tech to tour the holiday tree gallery. Arrive in time to tour the hall of trees and at 11:30, we will gather in a private dining room at Preston's restaurant to enjoy the buffet. Each person is responsible for purchase of their own meal (\$16.95+tax & tip). Pick-ups for transportation starts at 10:30am at your door.

Sign up: Contact Bix 540-443-3800. Please let Bix know if you are driving separately.

Registration deadline: December 13th at noon. If you need transportation, please let us know at time of sign up – limited to the first 12 people. Limit 40 total.

Dutch Trivia Question:
This concludes our 50th
Anniversary Trivia~ thank
you for playing!

Last month's answer: Utrecht



Hello, Village Residents!

This is Scott Bryant, the Marketing
and Outreach Coordinator from
Warm Hearth At Home.

As we focus on Flu Prevention
this December, one of the most
important things we can do to stay
healthy is to wash our hands often.
Clean hands are key to stopping
the spread of germs. Here are a
few reminders:

Use soap and warm water, and
wash for at least 20 seconds.

Be sure to clean between your
fingers, under your nails, and your
wrists.

Wash your hands before eating,
after using the restroom, and after
coughing, sneezing, or blowing
your nose.

Remember, keeping your hands
clean helps protect you and those
around you. Let's make hand
washing a healthy habit!

If you have any questions or need
assistance, please don't hesitate to
reach out to me.

Scott Bryant
540-443-0416

18
December Karr Activity Center
Wednesday, 5:00 - 6:00 PM

The Allegro Trio

With vocals, flute, and guitar, this group performs a rocking
experience! Song selections include a variety of music from the
swing, Latin, and pop worlds. Get into holiday spirit with The
Allegro Trio!

19
December Karr Activity Center
Thursday, 4:00 - 5:00 PM

Open Mic Hour with Host Hugh

Join resident Hugh VanLandingham for an evening of laughter
and music. Hugh will host the open mike night for any resident
who would like to share their talents with the group. Come
enjoy a variety of music, jokes and who-knows-what and be
ready to join in! Limited refreshments will be available. Bring
your own beverage and snacks. Sharing is okay too. Questions?
Contact Hugh at hughv@vt.edu or by calling 540-552-4328.

20
December Karr Activity Center
Friday, 2:00 - 3:00 PM

Village Grinchmas Party

Wear PJ's and your biggest grin for the silliest holiday party
of the year! Team Gingerbread House Decorating Contest
and best PJ's awards (Best Couple, Best Homemade, Best
Unconventional, and Best Traditional Holiday PJ's) highlight our
afternoon of frivolity. Serving light refreshments and a whole lot
of laughter and fun.

27
December Karr Activity Center
Friday, 1:00 PM

Advanced Paper Crafting

In this class series participants will create five projects choosing
from a wide selection of styles and techniques. Participants
will leave with beautiful, handmade greeting cards to have on
hand, ready to send when those special occasions arise. Melissa
Matusевич teaches this advanced paper crafting class.

Participation limit: 15 (Minimum 4)

Sign up: Contact Melissa at 540-553-5653 or melissa@vt.edu.

Registration deadline: December 20 at 1:00 PM

30
December Tall Oaks Hall
Monday, 3:00 - 5:00 PM

New Year's Magic Monday

Toast the New Year at Warm Hearth with a festive get-together
at the Village Center. Enjoy a champagne toast and music as DJ
Rick Pruitt will have you dancing about and ready to face 2025!
The dinner special is \$7.95 and consists of Chicken Piccata,
Black Eyed Peas & Cornbread.

Looking For Something To Read?

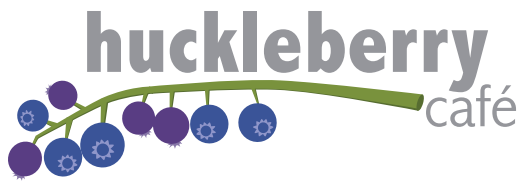
Carson Library, located on the first floor of New River House, is open all day, 7 days a week. Drop by and browse the shelves, and borrow what interests you. No need to sign out a book or pay any overdue fines. For questions, call the library curator, Ella Rutledge, at (207) 650-1769.

Call for Poetry: And while you're at the library, please take a glance at the bulletin board on your right as you come in the door. Every month we post a "Poem of the Month." Preference is given to poems composed by a Warm Hearth resident. If you are a poet, and would like to have one of your works posted in the library, send your offering in the body of your email to Ella Rutledge at lopsideseast@gmail.com.

Some Recent Arrivals: Nora Roberts, *The Obsession* (Romance); Doris A. Paul, *The Navajo Code Talkers* (History); Carl Sandburg, *Selected Poems* (Poetry); Marlon James, *Black Leopard Red Wolf* (Fiction); Jessica McCabe, *How to ADHD* (Health/DIY); and Barbara Kingsolver et al., *Animal, Vegetable, Miracle* (Non-fiction).

December Display: Our collection of Christmas-related books, most of which are only available for borrowing at this time of year, so be sure to check them out.

Donation Policy: All donations to the Carson Library are greatly appreciated. When making a donation, please keep the following guidelines in mind: 1. Donations are limited to 5 books at one time. 2. All donated books are processed before shelving, so please don't shelve them yourself. You can place them in the Returns Box or on the table beside it. 3. We do not keep cookbooks, children's books, magazines or DVDs. Thank you!



HOLIDAY DINNER TO GO - \$19.95

Our holiday meal serves one and is ready to heat and eat. Enjoy time with your family and guests and let our chef do the cooking! To reserve your meal, call the Cafe at (540) 443-3801.

RESERVATION DEADLINE IS DECEMBER 20 BY 2PM. Meals may be picked up on December 23rd between 10am and 12pm.

HOLIDAY COOKIE, CANDY AND DOG BISCUITS

The café will be creating your holiday favorites once again this year! Stop by to place your order for cookies, fudge, and bark. Cookies are sold by the dozen and candy by the pound. New this year—we can also whip up some fresh baked treats for your pup! To order, call the Cafe at (540) 443-3801.

RESERVATION DEADLINE IS DECEMBER 16 BY 2PM. Pickup orders anytime during café hours December 16th through 23rd.



3045 N. Franklin St.
Christiansburg
540-200-7012

This holiday season, keep the Treasure Trove Thrift Store in mind

- When clearing out the old to make space for new holiday gifts
- For gifting – we'll take your unwanted treasures
- All proceeds come back to the Village to benefit WHV

Thank you for your support throughout the year and best wishes for a peaceful and prosperous 2025!

Out and About

Friday, Dec 6, 7:30 pm

Radford University, Covington Center, Davis Performance Hall
Holiday Extravaganza: The Radford University Band and Choir will present their seasonal spectacular concert to kick off the holiday season. This concert is free and open to public.

Sunday, Dec 15, 4:00 pm

Radford University VS Virginia Tech in Women's Basketball at Virginia Tech. Come and see this epic battle of the NRV and show your team spirit. Tickets on sale at: Call: (800) VA-TECH-4. hokietix@vt.edu.

Volunteer Opportunity

Wonder Universe, the children's museum in Christiansburg, is looking for volunteers to work at their front desk for a few hours at a time.

If you are interested call Linda Cooper at 703-298-7135.

Mindful Eating

Provided by Adrea Fulp, Registered Dietician, KHCC

We've all been there...sitting on the couch with a bag of chips, only to look down and realize that we ate the whole bag! This would be considered "mindless" eating. Mindful eating focuses on the entire eating experience, to include body-related sensations, thoughts and feelings about food, all without any judgement. With Winter coming, we may be spending more time inside. This can lead to times of laziness and increased food intake. Mindful eating can bring our attention back to the present and help us focus on the why and how of eating.

Tips for mindful eating:

Honor the food – think about where the food was grown and who prepared the meal. Try to eat without distractions to deepen the eating experience.

Engage your senses – notice the different colors, smells, sounds, tastes, and textures of food. You may also want to notice how you are feeling as you are eating.

Take small bites and chew thoroughly – slowing down the meal can help avoid overeating and allow you to fully experience the food's flavors.

Don't skip meals – going too long between meals can cause us to be over hungry, which can cause us to choose the easy, less nutritious food item. Plan times throughout the day to have meals/snacks to avoid getting over hungry.

Be non-judgmental – try to avoid labeling foods as "good" or "bad". Focus on why you are eating. Think about how what you chose to eat makes you feel afterwards.

Stop the food fight – avoid telling yourself that you can't have a particular food. This tends to build up feelings of deprivation and when we finally "let" ourselves eat that particular food, we often overeat and feel guilty. Give yourself freedom to eat all foods, but focus on how they are making you feel and how they are honoring your health and goals.

Mindful eating is a practice. Seek out additional information from books or articles for a full description and exercises, such as:

Intuitive Eating: A Revolutionary Anti-Diet Approach, 4th Edition. Written by Evelyn Tribole, MS, RDN, and Elyse Resch, MS, RDN

The Intuitive Eating Workbook: Ten Principles for Nourishing a Healthy Relationship with Food. Written by Evelyn Tribole, MS, RDN, and Elyse Resch, MS, RDN



References:

How to Practice Mindful Eating. Cleveland Clinic Health Essentials. (2022). Retrieved November 14, 2024 from <https://health.clevelandclinic.org/mindful-eating>.

Mindful Eating. The Nutrition Source. (n.d.). Retrieved November 14, 2024 from <https://nutritionsource.hsph.harvard.edu/mindful-eating/>.

Happy Holidays from Team Fitness

This year has been a great year for WHV Fitness. On a daily basis, I am fortunate to witness the power of human connection. The intergenerational connections made between our volunteers and our fitness members have been a highlight for me this year. Witnessing young adult students connecting with our seniors through physical activity, personal stories and laughs strengthens my faith in future generations. Thank you to our volunteers who juggle their schedules to come help us with classes. We are grateful for your time and help.

Our Rock Steady Boxing program, PD support group and PD Caregivers Support groups have welcomed new members into our community. A special shoutout and thank you to Judi and Lois for their help with these meaningful programs. To all of our RSB fighters, we are honored to be on your side in the fight against Parkinson's Disease

To our awesome and beloved Independent Contractors Luci, Linda, Jennifer, Mardy, Danielle & Loreleigh, thank you for your time and efforts. Your prep work & dedication to your craft is second to none. Your professionalism is top notch and your caring is deep. Thank you.

Closing out 2024, our research projects are another highlight for me. Our partnership with Dr. Miner and Dr. Paul from the Radford Carilion Physical Therapy department has provided significant research into the areas of Parkinson's Disease and fall risks. WHV fitness members & residents' willingness to participate in these research studies provides valuable information for years to come. Thank you to all who have helped.

Finally, none of the aforementioned successes this past year would be possible without my teammates. A big thanks to Marcus, Jess and Ashleigh for all they do. You each make every day meaningful and fun. Thank you for your unwavering support. Simply the best.

To everyone at WHV, happy holidays. We look forward to seeing you in fitness in 2025.

Mele Kalikimaka,
Kenny & Team Fitness



Useful Phone Numbers

The Village Center

Front Desk/Concierge: 443-3800
Huckleberry Cafe: 443-3801
The Village Gourmet Catering: 443-3802
Fitness Center: 443-3474
Health Care Information - Linda Kirkner: 443-3415

Life Enrichment

Mardy Baker: 443-3434 (Karr Activity Center)
Susan Bixler: 443-3800 (Village Center)
Corynne Emmerson: 443-0409 (Showalter Center)
Danielle Snuffer: 443-0407 (KHCC)

Carilion Family Medical Clinic (on campus)

540-558-2400

Hours of Operation:

Mon-Fri from 8:00 am to 5:00 pm
(Closed 12:00-1:00 PM for lunch)

Warm Hearth at Home

Information & Assessments
443-3428 or www.whvathome.org

Tea Tree Salon: 443-3817
Fireside Cafe, Showalter Dining: 443-3429
WHV Main Switchboard: 552-9176

Housing & Resident Services: 552-2419

(located in Karr Activity Center)

- * Maintenance
- * Lock-Outs
- * Security / Emergencies
- * Transportation

Information Technology (IT): 443-0408

Treasure Trove (offsite): 200-7012

Montgomery County Sheriff's Office

The email format used at Warm Hearth is "first initial and last name @ warmhearth.org".
For example, Sara McCarter's email is smccarter@warmhearth.org.



Please recycle old issues of The Log. LOG Questions: Sara McCarter, smccarter@warmhearth.org